

Prevent Lead Poisoning with Healthy Foods

Lead is sometimes found in toys or paint, and can harm your child and make them sick. But a healthy diet with foods rich in iron, calcium and vitamin C can help the body absorb less lead. Adding these foods to your family's daily diet and using the recipes below can help create delicious, nutritious, lead-fighting meals.

Vitamin C-rich Foods: Spinach • Broccoli • Oranges • Strawberries • Grapefruit • Tomatoes • Dark, leafy greens • Kiwi • Bell peppers • Melons

Iron-rich Foods: Spinach • Tofu • Nuts • Seafood • Quinoa • Beans • Iron-fortified cereal • Chickpeas • Lean red meat • Lentils

Calcium-rich Foods: Spinach • Broccoli • Milk & foods made with milk • Yogurt • Low-fat cheese & cottage cheese • Tofu

Braised Collard Greens

Adapted recipe courtesy of Bon Appetit and Piedmont Restaurant Durham

Yields 6 servings

Ingredients

- 1 tablespoon butter
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 2 pounds collard greens, thick stems trimmed and leaves coarsely chopped
- 2 cups low-salt chicken broth
- 1 tablespoon red wine vinegar

Directions

1. Melt butter with vegetable oil in heavy large pot over medium-high heat.
2. Add onion and garlic and sauté until tender, about 6 minutes.
3. Add greens and sauté until beginning to wilt.
4. Stir in broth; bring to boil.
5. Reduce heat, cover, and simmer until greens are very tender, stirring occasionally, about 35-45 minutes.
6. Stir in vinegar.
7. Season with salt and pepper.

Curried Broccoli

Adapted recipe courtesy of realsimple.com and Dawn Perry

Yields 4 servings

Ingredients

- 2 tablespoons olive oil
- ¼ bunch broccoli, finely chopped (1 ½ cups)
- 1 teaspoon curry powder
- 1 cup canned chickpeas, rinsed
- 1/3 cup golden raisins
- kosher salt

Directions

1. In a large saucepan, heat the oil over medium-high heat.
2. Add the broccoli and cook, tossing occasionally, until tender, 2 to 3 minutes.
3. Add the curry powder and stir to combine.
4. Stir in the chickpeas, raisins & ½ teaspoon salt.
5. Cook until ingredients are warmed through, 4-5 minutes more.

Tropical Spinach Smoothie

Adapted recipe courtesy of realsimple.com and Dawn Perry

Yields 2 servings (1 cup)

Ingredients

- 1/2 cup frozen chopped spinach
- 1 cup frozen mango or pineapple
- 1 cup plain yogurt
- 1 tablespoon honey

Directions

1. Place all ingredients in a blender, process until smooth.
2. Serve immediately.

